



THE EMPTY NEST NEWSLETTER

VOL III NO 3 NOV-DEC '84

Field and forest, vale and mountain, Blooming meadow,
flashing sea, Chanting bird and flowing fountain, Call
us to rejoice in thee! -- Henry Van Dyke, (after Goethe,)

AUNTY LOIS DIES

SANG GOETHE'S "HYMN TO JOY" IN TREETOP WHEN TEN

Winchester, IL. Aunty Lois died peacefully at her home, on Nov. 19 at the age of 92 or 93. And if any one word describes Lois & her life, from my viewpoint, it's "JOY"! She was always so bright & pert & interested in everything, & JOYFUL! She told me how as a child she discovered Goethe's "Hymn to Joy" (The "joyful joyful we adore thee" in the hymnal & in Beethoven's Ninth) and, feeling great joy as she was swaying at the very tip of a pine tree, shouted out the verses, which she'd memorized. All us Douglass Kids know that a highlight of Christmas was always opening Aunty Lois's box of books -- & how carefully she picked for each of us! I still have the books she gave to me. One of the greatest thrills of my life was to look, at age 10, inside the cover of my favorite fairy tale book, a beautiful edition of East o' the Sun & West o' the Moon (illustrated by Kay Neilson) and see that it was MINE! Given to me by Lois Coulter, on my 1st Christmas.

Lois was bright & alert to the last, lived alone, (her nephew stopped in twice a day) and was a faithful reader of The Empty Nest Newsletter. For those of you who didn't know her, she was not a "true" Aunt, but Vera Wardner's oldest dearest friend. Grandma had a long chat with her Nov. 18, as she did weekly, and told Grandpa that Lois's voice was not as strong. And then the next morning she died. I drove over to the funeral on Weds., and the minister was an ass. He didn't know Lois & all he talked abt was how he had learned to handle grief. So -- at the luncheon afterwards, I stood up and told the group some of my remembrances about Lois. This prompted others, and we had a warm and sharing time telling stories. I felt we (cont on p. 2)

VIOLA VANISHES

Belzoni, Tenn. In Belzoni, the catfish Capital of the world, where the Jackson Symphony was on tour, playing a concert, POOF! Pat Dalvit's viola disappeared, along with a two-instrument case, two expensive bows, and all Pat's music. Fortunately her violin was not in the other half, but nonetheless the loss is somewhere between four & five thousand dollars. Unfortunately, Pat didn't have her instruments insured. Advice to all: INSURE! (When Damaris Jackson lost her good fiddle in a fire several years ago, it was insured, but it had increased dramatically in value between the time of its insuring and its demise. Still, Teacher managed to find her a pretty good instrument with the insurance money.)

PAUL BREAKS TAIL

Chicago Paul Campagna marred his Thanksgiving holidays by slipping on a slippery leaf, falling down 5 concrete steps, &



breaking his coccyx. He also received a blow to each arm as he grabbed for the railings. There is nothing to be done for a broken coccyx, Paul reports, except avoid soft chairs. "It hurts," says Paul.

SHE IK GIVES \$ TO STEFFIE



OTHER SAD NEWS

Ellsworth, Maine Dave Stocking, beloved Beloit College English prof, and bird watcher long a member of the Ned Hollister Bird Club of Beloit, died Nov. 20 of cancer. Our hearts are heavy. And -- Beloit Frank Boggs' 20 yr. old son Andy has a brain tumor, & is fighting valiantly. Frank stopped by Grampa Grampa on Thanksgiving Day and chatted awhile with all of us there.

BENJAMIN'S HERE!

Green Bay Benjamin Carlisle Yde came on Nov 7 weighing in at 9 lb 15 oz, and he's cute as a bug! Cheers!

Cleveland. Well, as the ENNL Ed. heard the story 3rd hand, it goes like this. It seems that Stephanie Dalvit McPhillips had got all quessed up for some reason, and happened to pass a silver Rolls Royce. She was enchanted with its beauty, & thought she'd like to see what it felt like to sit in a Rolls Royce (which she had never done (Cont p. 2))

LOIS (Cont from P. 1)

really had Lois's funeral at the luncheon. Lois actually hosted her own "funeral" -- I called it a celebration, to her family -- remember a year ago Oct. in ENNL when I reported that Lois, at 92, had given a big party for all her relatives, paid for everything, and 50 some people came? I think Lois wanted to be in on the fun, & not have everybody get together without her there to enjoy it! Bravo, Auntie Lois, and we are going to miss you lots & lots. Yours was a beautiful, caring, productive life, and you are an example to us all on how to live ours.

THREAT PAYS OFF

Spfld. Professor J.D. Jackson of S.S.U. sent memos to all deans, + Pres. & V.P., saying, "\$25 from each of your shops, for the Jamboree, will spare you from seeing Professor Jackson next January soliciting money all over campus dressed as an M.M." Needless to say, the money has been rolling in.

SHEIK (Cont from P. 1)

before.) So she approached the chauffeur who was sitting at the wheel, and asked if she might sit in the back for a few moments. The chauffeur opened the door for her, and Steffie climbed in, and sat in the silver Rolls Royce, all quessed up & looking out at the world. While sitting there, the owner of the car came out of the building -- a hnd was an Arab sheik! He saw this lovely young lady sitting in his car, & engaged her in conversation. Stephanie told him about her work with anorexics & bulimics, and he was so impressed he gave her a check for \$1000. Steffie cashed the check & it cleared. "Now who but Steffie would do a thing like that?" Grandma & Grampa said over the phone. The ENNL Ed. said promptly, "Her mother Pat would!" (Moral of this story: Don't sit in a Chevrolet!) (To read Steffie's bulimia article, turn to Sunday Supplement Section.)

ALISON, CHARLIE ARE MECCA

San Francisco This fall Alison Walsh and Charles Espy have been host to three (count 'em, 3) Jackson Kids, four, if you count Gillian coming twice, 5 if you count Cressida! First was Gillian coming alone & going on a shopping spree for some new clothes, with Alison along to offer expert advice. Then came Megan, on a several-stop trip out West. Now comes Ellie, flying over from London, and Gill & Cress will hop over from Reno to be in on the fun. No Jackson visit has been brief: they all stay at least several days. The ENNL Ed hopes that Walsh & Espy thrive on company -- Jackson company. Word has trickled to her that Walsh, godmother of the youngest Jackson, said she felt "blessed."

(Can you see why we all love her?)

HALF PARTY WHOLE SUCCESS

Spfld. Dean Dennis Camp (JJ's dean) recently published the 1st volume of a definitive 2 vol wk. on Michael Lindsay. When JJ suggested a celebration, he said, "It's only half act. So we held a half party!" The guest list was halved, you brought your other half, better half, or what half you; the house was half cleaned (the upstairs!) quests were half-something: some came half dressed; JJ came as Baby Face (fur coat & diapers); we gave half speeches & half poems. Half gifts included 1st half of a mystery book, 1/2 ceramic coffee mug, 1/2 tie, 1 sock, & 1/2 of a dozen roses -- the bottom half.

WORDS on WARDNERS IS BIG HIT!

Spfld/Portland Jackie Jackson & Caroline Buck, new co-editors of the Wardner Family Historical Society newsletter, are doing a bit of feather preening at the success of their first issue. All ENNL readers with any taint of Wardner blood should have received a copy. Any resemblance between WouW and ENNL is of course purely coincidental. The Editor(s) request Wardner news for both publications. (+non-Wardner for ENNL)



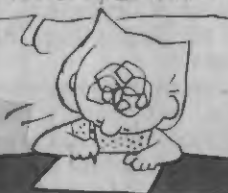
UNPRECEDENTED OCCURANCE FROM ADMINISTRATOR

Spfld. At the Union Xmas Party the new president of SSU, Durward Long, (sober) said to ENNL ed, "We will get together with the Vice President very soon. You are one of the most valuable

people on this campus, and I want to find ways to support you." The astonished & gratified Ed. heard this several times! So it's bona fide! She's thinking big: grad assistant, budget for radio show, private secretary, someone to clean her house, etc. (Admin. Shator Phil Koud all did support all he could, in the past, but he's been gone years & years).

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SO LONG, MILDRED! GOODBYE, DANNY! TOO BAD ESTHER!



THESE ARE PEOPLE I'M SCRATCHING OFF MY CHRISTMAS CARD LIST



GET LOST, MABEL! THAT'S THE WAY IT GOES, FRED! BYE-BYE, JOE! FORGET YOU, LYDIA!



I'VE NEVER HAD SO MUCH FUN IN ALL MY LIFE!



SHE'S THINKING BIGGER

... subsidy for Empty Nest Newsletter, better, solidified support, raise, publication help, world tour, Dartmouth fiction, house painted, dog shots, Silhouette

Holstein, father of 35,000, dead

MADISON, Wis. — S-W-D Valiant, a Holstein bull whose semen produced \$25 million in sales for American Breeders Service and 35,000 offspring worldwide, has died of old age and other complications. He was 11 years old.

Robert Walton, president of American Breeders, said Wednesday that Valiant died Aug. 9 and was buried Friday.

Walton estimated Valiant's offspring have brought dairy farmers an additional \$18 million in milk production revenues, due to their greater production. He said a supply of Valiant's frozen semen was still on hand. It sold for \$125 per unit in late 1983.



"SEE ONE YA' LIKE, HELGA?"

NEWS NUGGETS. (SOME PRETTY OLD)

Two Rivers, Wis., about 1894 (?) When Great Gram Eunice Trever Dougan (then Eunice Trever) taught grade school in Two Rivers, a little boy in her class was removed and sent to parochial school by his parents. Two weeks later he was back. When Eunice inquired the reason, he said, "The nuns made me kneel on peas."

London Ellie Jackson has purchased a \$400 TWA ticket that goes: London-Boston-San Francisco-Los Angeles-Chicago-Boston-London. This incredible bargain is not available in the States, alas.

Sau Francisco, Megan Jackson, while staying at the Welsh/Espy home, had her hair cut & styled.

Beloit, Wis. In Nov. deer season, R.A. Dougan gave a young man permission to hunt down at the pond. He sat in a tree all one Saturday with his bow & arrow, & saw 5 doe. The next AM he shot a buck. (Wisconsin is being currently overrun w/ deer: 7 were killed by cars in Winnebago Co. in two weeks!)

Spfld. Nancy Rawyard's Master's Thesis Exhibition, "Dreams & Rituals", at SSU Dec 7-14, is wonderful! All sorts of Nancy Stuff in boxes, etc., including a composition with her wisdom teeth!

Seattle Rita Bresnahan spent a birthday \$5 on an evening w/ Ursula LeGuin and produced her "phenomenal" -- "personable, very funny, one of the most expressive readers I've ever heard, angry in one poem, moving us to tears at another. She had us eating out of her hand & read longer than she'd contracted, responding to the high audience energy and receptivity."

Taylorville, IL There are now 2 ENMLS being published out of this small town: one by Therese Clarke, one by Pam Hope, for their families. Both acknowledge their Parent.



"Want to see some videotapes of my grandchildren?"

Reno, Cressida Breten, nearing 2 1/2, now knows all her letters, can work zippers & puzzles, is thinking about being toilet trained & quitting nursing, says "Hello Grandma" over the phone, & wrote her first letter to Grandma: big circles & small dots (peas on a plate).

Madison, Wis. Tom Schmidt cooked up a gourmet chicken dinner (quich room & Vermont Sauce!) for assembled Schmidts, RAD & VUD, & TJ Jackson, on the Sat. after Thanksgiving. All the accompanying disks were superb, too. When asked by Gram & Grandpa where he came by his culinary talent, Schmidt replied modestly, "It runs in the family."

Beloit, Wis. If Grandma & Grandpa offer you one of their many cans of "She-Grab Soup," decline.

4 ABSOLUTELY INCREDIBLE, UN-LIKELY THINGS, that have no reason at all for being, unless we postulate "GOD," & even then, why should SHE?

(These are a distillation of ENNLEd's thoughts over many, many years, at times when the skin was peeled back leaving nothing but nerve ends to the air, & dumb wonder.)

- 1-The first is, that there is anything at all. Space, energy, matter. That "IS" is, rather than nothing.
2. That LIFE exists amongst this "is." What an absolutely unlikely incredible thing to occur!
3. That amongst these living forms there is intelligence & self awareness. We think, learn, remember, & are aware that "I am Me." (Gillian's revelation by the Sandbox at 4; it didn't happen to Jung till 9 or 10, but he was slow.)

And 4: That these intelligent, self aware creatures possess emotions, the most important, the capacity to care, to love.

4 BOGGLING THINGS.

~ NOW FOR A POST SCRIPT ~

The universe was in existence forever in time past. I wasn't here; I didn't know anything about it; in all that total forever I didn't feel deprived at all. And the universe is going to be in existence forever, in time future. If it turns out there is no after life and I'm not around in some form, I won't miss that forever, either. But here I am, here we are, in an infinitesimally short little twist in time, and what staggering odds there are against our being here at all! To be privileged to be here, on this earth, for this blink of the cosmic eye. We all ought to be GIDDY, GIDDY, GIDDY WITH JOY!

The 1st Time in 6 Mo. I Look at the Chicago Trib, + See 2

A Cabbage Patch lesson

What I Notice!
--ENNL ED.
(abt. early Nov.)

Wherever we went this summer, we found one or two small girls triumphantly accompanied by their Cabbage Patch dolls. Part of the mystique of these ugly-cute dolls is that they are still hard to find a year after their frenzied introduction to American society. Another part of the dolls' mystique is that they have to be displayed, nay flaunted, by their owners.

Thus, whenever I sallied forth with 5-year-old Erin, I'd feel an urgent tug and hear, "Oh, Mommy, there's a Cabbage Patch doll!" I'd try not to stare too hard and to resist the temptation to ask where the doll had been bought. After all, Cabbage Patches are only dolls and I wasn't going to be seduced totally by the media hype surrounding them. I reasoned that eventually we'd find one, but meanwhile, I wasn't going to look ridiculous while hunting this

The observer

child's grail.

The telephone call came months after we'd placed our name on a list for a Cabbage Patch doll. We drove over to the store, paid and then were admitted to the inner sanctum. It was immediate love as Erin selected Starr Linda, a brown-haired tyke who sucked a pacifier.

Our next stop was the grocery. Erin wanted to leave the doll in the car. With these dolls so hard to find, the possibility of a doll-napping was not hard to envision. I explained such to Erin. The doll went in with us.

Then began the nudgings of mothers by children, "Mommy, look, there's a Cabbage Patch

doll!" It was the other mothers' turn to try to look nonchalant and to try to divert their children's attention. We, however, began to feel conspicuous as we paraded around the store with whisperings and nudgings following our trail. Erin no longer felt just proud and special, she felt exposed and tried to shield the doll behind groceries.

As I was pondering the negative aspects of the Cabbage Patch mania [possessiveness, excessive materialism, media manipulation,] Erin announced that she was going to let her friends borrow Starr Linda. She had unwittingly transformed the stuff of ordinary life into an agent of a higher order. She had understood the redeeming feature of these dolls—not only are they lovable but they can be used as instruments of love.

Madeline Hamblin

TIME FLIES LIKE AN
ARROW →
FRUIT FLIES LIKE A
BANANA

NOBODY SENDS XMAS LIST TO ENNL

Spfld. Since nobody this year chose to avail themselves of ENNL's free advertise-your-wants service, the ENNL Ed's list will have to stand all alone. Her wants are few & cheap & in order of importance:

1. Foot massage(s)
2. Back massage(s)
3. Head massage(s)
4. Any personal attentions at all! (Including a hug, sa "How are you, Sweetie?" (I like it when Karl says that.)
5. Donaldson's Lord Foul's bane Sci-Fi. ("Thomas Coventry" series?)
6. Ann McCaffrey's dragon fantasy series.
7. A living room trampoline like Pat Dalvit has.
8. Coin purse (mine was stolen)
9. Car wastebasket (ditto, that's where the coin purse was, a terrific little one Ellie got me in Mexico.)

COMING SOON: WORDS ON JEREMY Flagstaff, AZ. Global Adventurer Jeremy Schmidt, and S.O.S. Wandy Baylor, are dickering with National Geographic, Equinox, and other classy publications to allow ENNL exclusive shrink-rights (a la Stephanie's article), so that all ENNL subscribers can see a sampling. Schmidt has recently been commissioned by the Sierra Club to do a Guide to the Rocky Mountains, and he

and Wendy have spent 2 months touring the area, talking & taking pictures. Equinox has an article on Kilimanjaro coming up. More on Schmidt/Baylor in next issue ENNL.

GIFT SUGGESTION FOR THE PERSON WHO HAS EVERYTHING

Spfld. Have a hard-to-shop-for person on your Xmas list? Why not get him or her a handsome tooled leather engraved (with bird) binder, in which to keep his or her EMPTY NEST NEWSLETTERS? ~ACT NOW- SUPPLY LIMITED~



QUERY

Actually, Tinker Bell would like to know if you read this publication. Since most of you have never asked to receive it, nor commented upon it, she sometimes wonders if anybody'd even notice if it stopped coming. Your news in it, of course, would make it less lopsided.

SQUATTER LIVED AT COTTAGE

Hinesburg Road, Vt. Some time last March or April someone broke into J. Jackson's Vermont "camp," moved the canoe under the house; tidied up all the stuff on the floor that fell during the earthquake (Megan saw the mess thru a window in early March); burned out the hot water heater; used electricity; used up \$40 worth of bottle gas; & left good mugs outside. WHO??



RENO TO HOST NATIONAL COMPUTING CONFERENCE

[Skip hosted this]

Skip Broten

Reno will be the setting this month for the Twelfth User Services Conference of the Association of Computing Machinery Special Interest Group for University and College Computing Services (ACM SIGUCCS). The conference will be held Sunday through Wednesday, November 11-14, in the Reno Hilton Hotel. SIGUCCS sponsors conferences for discussing computing issues in higher education, including: managing campus computing, purchasing "state of the art" computing equipment, and providing computing services for the needs and goals of the campus. The theme for the Reno meeting is "User Services 1984: Ending or Beginning?" The conference will open on Sunday with four 4-hour tutorials, followed on Monday through Wednesday with a total of twenty-four sessions featuring professional papers and panel discussions. Among other highlights: a keynote address by Jim Warren, originator of the Silicon Gulch Gazette and West Coast Computer Faire; announcement of the results of the annual computing center newsletter contest; and a comprehensive display of newsletters and documents from around the nation and, indeed, the world. The meeting is expected to attract upwards of 350 computing center professionals to Reno for the four days.

Reno. This event was such a great success that Skip has been asked to interview for jobs at other institutions! Congratulations, Skip! ~

From our Nantucket correspondent:

CAROL MILLAR
and
ROY ANDERSON
announce

ATTEMPTED MATRIMONY

November 15, 1984
Newport, Rhode Island

As Carol's divorce decree was certified with a stamp and not a Raised Seal the event did not come to a climax

Following the Nothing at the Court House a Gnashing of Teeth was held in the parking lot.

Still living in Sin somewhere over the rainbow.



An ENNL reader is a special friend. Give your attention...this mug tells you care!

FROM THE MINUTES, JUNE 4, 1984:

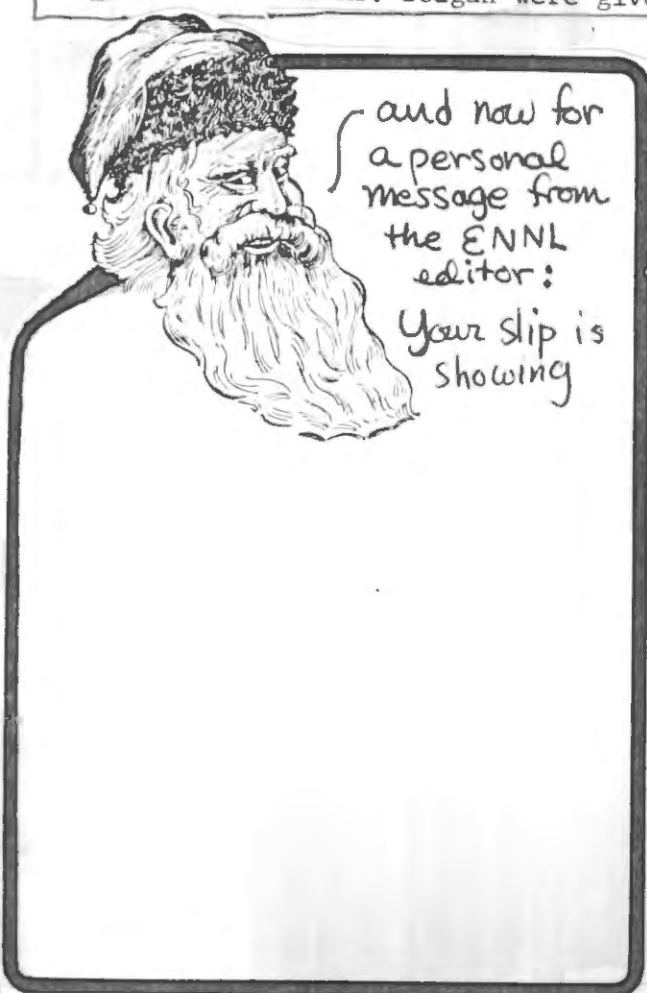
only \$200
(while they last)



Cabbage Patch doll with paying subscription to ENNL

BELGIT-JANESVILLE SYMPHONY ORCHESTRA BOARD:

Honor for Mrs. Dougan -- The Board approved with enthusiasm a recommendation from the Executive Committee to designate in perpetuity the concert master chair of the orchestra as the Vera W. Dougan chair and to make appropriate announcement of this honor for Mrs. Dougan at the opening of the new concert season. Mrs. Dougan expressed deep gratitude for the recognition and she and Mr. Dougan were given a round of applause.



BIG DECISION MUST BE MADE

Sptd Ok, family/friends, this is it: where shall we all gather in 1986 to see Halley's Comet? Throughout world history the comet has been SPECTACULAR! AWE INSPIRING! But when we see it it will be no-hum, because of the world's LIGHT POLLUTION. Hardly anyone sees the stars now the way we used to, walking up thru the field on a clear, freezing night, when the lane at Chez Nous was snowed in & the stars were so close & bright you felt you could grab a handful & swear 'em in your hair! So where shall we meet, in Feb. (best sighting time) where LCF (Light Contamination Factor) is v. low? Jerry, Wendy's? Pat & Hew's N. B. cabin? N. Canada? Mid Atlantic? Suggestions and invitations are now being solicited by Empty Nest Newsletter.

The oft-crowded pages of the Empty Nest Newsletter are not due to lack of artistic acumen, but to packing in the most news in the least space, to save money. This publication is totally subsidized by the Editor, and an occasional much appreciated gift. Where but in ENNL do you get so much for so little? (i.e., nothing!)

MAILED

SEP 25 1984

02

DALVIT-McPHILLIPS

(ENCL Readers: These are the proof sheets.)

A Dietary Approach to Bulimia Treatment¹

STEPHANIE DALVIT-McPHILLIPS

866 Beecher's Brook, Mayfield Village, OH 44143

Received 22 May 1984

Sham

DALVIT-McPHILLIPS, S. A dietary approach to bulimia treatment. *PHYSIOL BEHAV* 33(5): 999-1000, 1985.—To determine the effect of diet on bulimia, a treatment group of 10 bulimic women were placed for 6 weeks on a nutrient-dense diet containing no fewer than 1400 calories and free of suspected blood sugar-insulin level destabilizers. Simultaneously, a control group of 10 bulimic women were placed on a (Sham) Food Plan which allowed unknowing duplications of their pre-study food patterns. After three weeks they were switched to the nutrient-dense diet for the remainder of the study. No subject received psychiatric counseling. The treatment group assigned to the nutrient-dense diet ceased to binge ($p = 0.002$, sign test). The control group on the sham diet binged steadily until switched to the nutrient-dense diet, after which all binging ceased. Subjects lost weight effortlessly (or maintained weight by choice) and have remained binge free for over 2½ years. Evidence suggests that malnutrition and blood sugar-insulin level destabilizers may play a role in precipitating the bulimic condition.

Bulimia Diet Food binging Blood sugar Insulin Malnutrition Serotonin

BULIMIA, an eating disorder in which subjects consume excessive numbers of calories in uncontrollable eating binges, and then purge by either vomiting, taking laxatives, diuretics, or fasting has recently been recognized as a disease. This disorder can prompt serious and possibly fatal medical complications. Side effects of the condition include a constant sore throat, esophageal inflammation, swollen glands, liver damage, deep depression, tooth decay, rupture of the stomach, disruption of electrolyte and fluid balance, and cardiac arrhythmias [12].

This eating disturbance is defined by the American Psychiatric Association in the 3rd edition of the Diagnostic and Statistical Manual of Mental Disorders (DSM III) as a condition in which there are recurrent episodes of binge eating (rapid consumption of a large amount of food in a discrete period of time, usually less than two hours) accompanied by at least three of the following: consumption of high caloric easily ingested food, inconspicuous eating, termination of binges by abdominal pain, sleep, social interruption or self-induced vomiting, or use of cathartics or diuretics, and frequent weight fluctuations of greater than ten pounds due to alternating binges and fasts [5]. Other characteristics of bulimia include: awareness that eating habits are abnormal, an intense fear regarding the voluntary ability to stop eating, and a depressed mood [5]. Bulimia has been identified as a problem in patients of normal weight [4], in the obese [7], and in anorexics, and is especially common in women.

Although bulimia is commonly believed to be a psychological disorder, with current treatment emphasizing group and individual psychotherapy, this investigator's experiments over a twelve year period lead her to postulate that bulimia is a physical disorder which is camouflaged or concealed by the conspicuous psychological problems it creates. Although no research has appeared which examined the in-

dividual's food choices and habits preceding the onset of bulimic behavior, this author's experience indicates that it is the nature of these prior choices as much as choices made during dietary restraint that precipitates the binge-purge syndrome.

If as hypothesized, a bulimic's binges are physically induced by (1) malnutrition resulting from severe caloric restriction and/or (2) fluctuating levels of blood sugar or insulin, then it would seem possible that a nutrient-dense diet [20] with no fewer than 1400 calories, devoid of substances or behaviors which could alter levels of blood sugar or insulin might prevent the syndrome as well as treat it. To test whether dieting and insulin/glycemia destabilizing agents might be precipitating and sustaining bulimia, a pilot study preceded the more rigorously controlled study described in this paper. The pilot study indicated a strong ability to eliminate binging, hence, a controlled study was conducted to confirm or qualify the pilot study. Since the purpose of the controlled experiment was to determine the effects of a nutrient-dense diet devoid of agents which could destabilize levels of blood sugar or insulin, the psychological and emotional problems of the participants, though noted, were not assessed or systematically treated.

METHOD

Subjects

Subjects were solicited over a four-week period through newspaper ads and notices placed in local spas and health clubs. Ads requested that persons with binge eating problems, interested in participating in an experiment, call a designated number. Out of 116 female respondents, 65 were eliminated because they could not make themselves available for the entire 7 week study. Each of the others was

mailed a questionnaire to establish: (1) the actual presence of bulimia, (2) present diet between binges, (3) binge frequency, (4) weight history, (5) kinds of treatment sought, and (6) health records. Respondents were also asked to circle adjectives describing their feelings and physical responses before, during, and after a binge, and to give their personal opinions as to the cause of their binge eating problems. After the completed questionnaires were examined, all respondents who did not strictly satisfy the DSM III definition of bulimia and/or who had guessed the purpose of the study, were eliminated. Twenty women who accurately satisfied these criteria were accepted for the study.

Procedure

The initial telephone call was short and impersonal. A uniform statement was read to all respondents regarding the length of the experiment, number of diets to be followed, and qualification specifics (i.e., availability, no medical condition which required sustained drug therapy). Those who wished to be considered as subjects and could be available for 7 consecutive weeks were told they would receive a questionnaire by mail. Names and addresses were taken. Upon receipt of the completed questionnaires, participating subjects were mailed identical instructions and procedures for the seven week experiment. All subsequent contact with the subjects was conducted through an automatic telephone answering system.

During the experiment, subjects were asked to dial a designated phone number once a day to report factual data such as name, date, time, and food intake for the previous 24 hours by weight, measure, quantity, and brand name when applicable. The subjects were also told to report their initial weights on the first day of the study and their final weights on the day following the conclusion of the study.

Subjects were also asked to acknowledge and describe binges when they occurred (defined as uncontrolled consumption of a large amount of food) as well as to report from a list given them, any factors appearing to affect voluntary food intake such as depression, menstruation, and change in routine. This list was meant to further confuse the subjects as to the purpose of the study. A voice-activated phone answering system, in operation 24 hours a day, was the recipient of all information. Once a day its cassette was changed and the information recorded.

Preceding the start-date of the study, each participant received instruction sheets explaining: (1) that there would be specific telephone protocol to be followed, (2) that the purpose of the study would be revealed upon its completion, (3) that each subject would be asked to follow two food plans in consecutive order during the study, (4) that there may be negative aspects of the study to which subjects might react, such as boredom, the impersonal nature of the experiment, and, based on the results of the Pilot Study, a short adjustment period with possible mildly unpleasant physical and/or mental reactions on the part of some subjects.

The instruction sheets also stressed the necessity of all participants making a serious commitment to the experiment, explaining how dropping out of the program could critically alter the outcome of the study. Equally stressed was the importance of following instructions exactly for each assigned food plan. No mention of a "cure or treatment" was made. Subjects were told that any relevant problems or questions arising during the course of the study could be brought to the investigator's attention via the phone answering system, and that a neutral person not directly involved

with the study would return these calls and provide the clarifying information requested, after being briefed by the investigator.

Week One of the study (Baseline) was devoted to the confirmation of each subject's pre-study binge frequency and to learning the nature of the subjects' "between binge" diets as reported in their questionnaires. Toward the end of Week One, all subjects were mailed their first food plan with accompanying instructions and were directed to commence following it the first day of Week Two, remaining on it until further notified. Subjects were paired according to binge frequency (a subject who had binged once a week was paired with another subject who had binged once a week) and one of each pair was randomly assigned to either a treatment group or a control group. One subject of each pair received the Treatment Food Plan and the other, a Sham Food Plan. (The Treatment and Sham Food Plans and their instructions are not included due to their excessive length, ~~but can be obtained upon request by sending a self-addressed stamped envelope; please include a return address for more information.~~)

The investigator's Treatment Plan consisted of a Core Diet, an Optional Foods List, and instructions which provided guidelines for food selection, quantity, and frequency, and also eliminated any food, non-food substance or activity (such as purging, excessive exercise) that in the view of the investigator could precipitate binging. The Treatment Plan was designed to be nutrient dense [20] and, depending upon each subject's choices, flexible in caloric range. However, the food plan was constructed so that over each 24 hour period, no individual could consume fewer than 1400 calories, the minimum level set for this study, based upon the investigator's observation that diets under 1400 calories precipitated binging in her patients. To allow for the variation of individual needs no upper limit was put on caloric intake. Daily vitamin supplements consisted of 1 gram of Vitamin C, one B-50 complex, and a multiple vitamin with minerals. The Treatment Plan was totally free of alcohol, caffeine, refined sugar, white flour products, cigarettes, all medications, and salt except for the salt occurring in several of the foods listed on the food plan. Diet soda (sugar and caffeine free) was restricted to one per day and adding salt to food was prohibited. Monosodium glutamate and products containing flavor enhancers were not permitted.

Produce was to be either fresh or frozen, and daily minimum required quantities of foods were listed. To allow flexibility and variety, each food group offered several selections. Subjects were instructed to satisfy the "core diet" requirements each day, but that once this had been done, they were free to choose foods from the less nutrient-dense "optional foods list" (such as popcorn, celery, puffed rice).

Instructions specified that the subject spread her food intake into at least three or more meals a day, and that she eat whenever hungry (hunger defined as a "craving for food regardless of scheduled meals"). Subjects were told that it was acceptable to binge (in order to camouflage the treatment plan) but if a binge occurred, they were not to purge (i.e., fast, vomit, take diet pills, "speed", laxatives or diuretics, over-exercise, or alter the diet in any way). Subjects were also restricted to no more than 60 minutes a day of specific aerobic exercises. Anaerobic exercises such as weight lifting were not permitted.

The Sham Plan was based on foods from the subjects' pre-study diets and was camouflaged to allow the control

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subjects to unwittingly duplicate their own individualized food plans and activity followed prior to the study and during the Baseline period. The Sham Plan differed from the Treatment Plan in not requesting a minimum amount of food and in not restricting alcohol, caffeine, sugar, white flour products, salt, diet sodas, medication, or flavor enhancers. Vitamin supplements were not prescribed although five subjects were already taking vitamins of their own choosing and continued to do so. Unlike the Treatment Plan, in the event of a binge, purging methods were not prohibited in the Sham Plan, nor was daily exercise restricted to kind or duration. This was to allow not only duplication of pre-study diets but activity and habits engaged in prior to the experiment. Only subjects assigned to the Sham Plan were told to consume a large glass of water whenever they felt like bingeing and to perform some non-food related activity such as taking a walk or reading a book (in order to camouflage the Sham Plan). Subjects were also allowed to combine and consume their foods in any pattern agreeable to them.

Toward the end of week four, each group was sent a second food plan. The control group was switched from the Sham Food Plan to the Treatment Food Plan, and the treatment group received a second Treatment Food Plan similar to their first. The second Treatment Plan was administered in order to confuse the treatment subjects and to determine whether the act of switching to a comparable Treatment Plan was a factor in affecting binge-purge behavior. The new Treatment Plan differed from the original by making nutritionally comparable substitutions, as well as offering several new selections in the "core diet and optional foods list." However, the two Treatment Plans were substantially identical. All subjects were asked to follow their newly designated food plans for the remainder of the study, i.e. weeks 5-7.

Once a day the cassette to the automatic phone answering machine was changed and the data from the subjects' calls recorded. Binge episodes were also noted and recorded. Total daily calories, averaged calories for the Baseline period (and weeks 2-4 for control subjects), and averaged calories for the treatment period were calculated. Daily carbohydrate, protein, and fat grams were totalled and averaged for Baseline (and weeks 2-4 for control group) and treatment periods. Sign tests were used to determine the significance of differences between baseline and treatment, and between treatment and control groups.

RESULTS

Table 1 presents the binge frequency of each paired subject throughout the study as well as her beginning and final weights. During Week One of the study (Baseline) when no treatment was administered, all subjects binged in both groups. The data obtained during Week One was an accurate confirmation of the subject's estimated pre-study binge frequency, food selections, and activities obtained via questionnaire.

During weeks 2-4, all subjects receiving the Treatment Food Plan discontinued bingeing ($p = (1/2)^5 < 0.002$, sign test). The bingeing of each treatment subject was lower than her paired control group subject who was on the Sham Food Plan ($p < 0.002$, sign test). Control subjects continued bingeing at about the same rate as during their Baseline week: two decreased slightly, three increased slightly, and five remained the same.

During weeks 5-7, all subjects completing the second Treatment Food Plan continued to be binge-free. All control

TABLE 1

	Control									
	Binge Frequency/Week					Treatment				
	Weeks	Weeks	Weeks	Weeks	Weeks	Weeks	Weeks	Weeks	Weeks	Weeks
	Baseline	2	3	4	5	6	7	Baseline	2	3
Subject	Begin Wt	End Wt	Begin Wt	End Wt	Begin Wt	End Wt	Begin Wt	End Wt	Begin Wt	End Wt
A	161	120	161	120	161	120	161	120	161	120
B	152	130	152	130	152	130	152	130	152	130
C	172	140	172	140	172	140	172	140	172	140
D	120	140	120	140	120	140	120	140	120	140
E	155	133	155	133	155	133	155	133	155	133
F	183	115	183	115	183	115	183	115	183	115
G	125	110	125	110	125	110	125	110	125	110
H	130	132	130	132	130	132	130	132	130	132
I	126	132	126	132	126	132	126	132	126	132

TABLE 2

Subject	Treatment						Control					
	Av. Calories Baseline*			Av. Calories Treatment			Av. Calories Weeks 1-4*			Av. Calories Treatment		
	Cho	Pro	Fat	Cho	Pro	Fat	Cho	Pro	Fat	Cho	Pro	Fat
A	1080			1842			1937			1840		
grams	160	62	22	200	91	75	grams	209	141	60	202	133
calories	640	248	196	800	364	675	calories	836	360	540	808	532
% calories	59	23	18	43	20	37	% calories	43	29	28	44	29
B	800			1420			1810			1540		
grams	161	31	8	195	72	39	grams	316	76	26	192	92
calories	604	124	72	780	288	351	calories	126	304	234	768	366
% calories	75	16	9	55	20	25	% calories	70	17	30	50	24
C	1230			1943			904			1400		
grams	206	47	24	260	124	45	grams	61	124	19	93	102
calories	824	188	216	1040	496	405	calories	244	496	162	372	408
% calories	67	15	18	54	26	20	% calories	27	55	18	27	29
D	1100			1505			1270			1440		
grams	154	72	22	196	86	42	grams	165	48	46	175	117
calories	616	288	198	784	344	378	calories	660	192	414	700	468
% calories	56	27	18	52	23	25	% calories	52	15	33	48	32
E	968			2540			1110			1545		
grams	8	90	64	331	146	70	grams	135	70	31	172	102
calories	32	360	576	1326	584	630	calories	540	280	279	688	408
% calories	3	37	60	52	23	25	% calories	49	26	25	45	26
F	1200			1450			1400			1425		
grams	141	75	37	174	83	47	grams	203	87	26	142	99
calories	564	300	336	694	332	442	calories	812	34	234	570	396
% calories	47	25	28	48	23	29	% calories	58	25	17	40	28
G	0-?			2066			0-?			2506		
grams	vomits promptly			314	121	36	grams	vomits promptly			331	137
calories	after any food			1256	484	324	calories	after any food			1324	548
% calories	consumed			63	23	26	% calories	consumed			53	22
H	710			1620			1310			1555		
grams	103	22	23	210	127	30	grams	165	74	39	169	91
calories	412	88	207	840	508	270	calories	660	296	351	676	364
% calories	58	13	29	52	31	17	% calories	50	23	27	43	23
I	1720			1500			1000			1640		
grams	210	103	51	168	101	47	grams	75	92	37	221	74
calories	840	412	459	672	404	423	calories	300	368	333	884	296
% calories	49	24	27	45	27	28	% calories	30	37	33	54	18
J	1240			1535			1110			1655		
grams	161	59	39	180	88	51	grams	152	66	26	202	113
calories	644	236	351	720	352	459	calories	608	264	234	808	452
% calories	52	19	29	47	23	30	% calories	55	24	21	48	27

*Represents between binge calories. Purge calories not included.

IF BULIMIA MAKES YOU PUKE, SKIP THESE PAGES.
(The lower number found in ENL is due entirely to the poor taste of its Editor.)

DIETARY APPROACH TO BULIMIA

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TABLE 1

CHARACTERISTICS OF TREATMENT AND PRETREATMENT

	T	S	R	O	D	O	N	M	L	K	I	H	G	J	E	G	J	H	V
Subject	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Calories 1400 or greater	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Nutrient dense balanced diet	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Vitamin supplements	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Caffeine	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Diuretics	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Laxatives, or Diet Pills	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Vomiting	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Anorectic exercise or exercise > hour	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Fasting 3 or more days	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Periodic fasting	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Food additives (i.e. MSG)	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Sugar, refined flour (not incl. binge foods)	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Alcohol	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Smoking	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Inhalant exposure to cig. smoke	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Medication	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Allergens	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X

Only Subjects G and P consumed Allergens post-study and were found to be allergic to peanuts (peanut butter for binge food) and monosodium glutamate (Chinese food for one binge food) respectively. The Treatment eliminated peanuts and MSG.

subjects, now off the Sham Plan and on the Treatment Plan discontinued binge ($p < 0.002$, sign test).

Table 2 presents the averages in carbohydrate, protein, fat, and calories for each subject during Baseline (and weeks 2-4 for control subjects) and during Treatment Food Plans. These are also expressed as a percentage of average caloric intake for these periods.

Table 3 presents the characteristics of subjects' Pretreatment and Treatment diets and behaviors. Although factor analysis was not performed because of the small sample size, such data suggests the possible role of these factors in bulimia.

For ethical reasons involving the health of the participants this investigator chose not to risk giving the Sham Food Plan to subjects after they had totally ceased to binge on the Treatment Plan. Four years after the pilot study, and two and a half years after the completion of the controlled study, all 28 subjects remain binge free. Follow-ups were conducted by monthly phone interviews.

DISCUSSION

Twenty bulimic women satisfying the DSM III definition of bulimia stopped their binge-purge behavior after receiving a nutrient-dense [20] flexible food plan of not fewer than 1400 calories, and which was devoid of caffeine, alcohol, refined sugar and flour products, cigarettes, medication, flavor enhancers, and which contained little salt. In addition, Treatment Plan instructions provided rules for food selection, quantity, and frequency, and also eliminated any food or non-food substance or activity (such as purging; excessive exercise) which could destabilize blood sugar-insulin levels or affect an individual's nutritional status in a deleterious way. As hypothesized, the evidence indicates that consummatory habits and certain activities of the subjects prior to the onset of the bulimic syndrome and during the disorder may play a role in precipitating the syndrome as well as perpetuating it.

The investigator suggests that bulimics can be divided into the following two categories according to the binge-precipitating characteristics of their diets:

- (1) Those whose controlled eating orgies first occur either after embarking upon a diet, or after the completion of a diet.
- (2) Those who have a history of sudden "inexplicable" and uncontrolled eating orgies, regardless of whether or not they are dieting or have just completed a diet.

The author reasons that food orgies of bulimics in category No. 1 are precipitated largely by inadequate reducing diets which cause malnutrition, while the orgies of bulimics in category No. 2 are initially caused by agents which alter blood sugar and/or insulin levels. Malnutrition (defined as inadequate calories, nutrients, or both) appears to make individuals in category No. 1 more vulnerable to glycemia destabilizing agents such as overzealous exercise, certain medications, air pollutants, and allergens—agents which might not have precipitated binge behavior in individuals eating at a higher, more nutritious level.

Conversely, if persons who are particularly sensitive to specific blood sugar-insulin altering agents (cigarettes and cigarette smoke [19], overexercise [16], caffeine [17], fasting [9], diuretics [1], laxatives [11], menstrual changes [15], sugar [18], alcohol [14], stress [2,6], and many medications

[8] choose to diet, or to exert control over food intake, resultant malnutrition, or borderline malnutrition, can become an added factor making binge even more severe. In both categories there is usually an eventual combination of malnutrition and blood sugar-insulin level alterations which can lock the victim into an ever-worsening pattern of orgasmic eating and futile control-seeking through stringent dieting and purge methods. It is the view of this author that any diet with fewer than 1400 calories, no matter how balanced, can alone initiate bingeing, and that malnutrition itself, which is known to cause psychological changes [13] not only can create the anxieties, depressions, guilt, and low self-esteem found in most bulimics and anorexics, but can intensify them as well. Once the uncontrolled bingeing has occurred, the fear of weight gain may be magnified when binges begin to exceed periods of conscious food restriction or when scale weight leaps overnight. Subjects—bewildered and frightened at losing control of their eating, despondent over their unsuccessful attempts at weight loss, and fearing additional weight gain from binges—further restrict calories, exercise furiously, and/or panic purge (fast, take laxatives, diuretics, diet pills, vomit, etc.). The deleterious effects of the purge (electrolyte imbalance, glycogen depletion, blood sugar alteration, dehydration, and further loss of nutrients and calories) [3,10] may act synergistically with the dietary restriction to trigger another binge, and thus a vicious cycle is established.

It should be noted that for a majority of the subjects, the number of calories consumed prior to treatment were fewer than those required in the Treatment Food Plans. This suggests possible malnutrition in those individuals. However, in 4 subjects, the pre-treatment caloric, carbohydrate, protein, and fat levels were either the same or exceeded the treatment levels. Clearly, these diets were inadequate in some way. This may indicate that blood sugar-insulin altering agents or allergens may play a role in precipitating binge behavior, or that these subjects were also malnourished at these levels. If as hypothesized, a bulimic's binges are physically induced by (1) malnutrition states resulting from caloric and nutrient restriction and/or (2) fluctuating levels of blood sugar or insulin, then it would seem possible that a nutrient-dense diet with no fewer than 1400 calories, devoid of substances and/or behaviors which could destabilize the levels of blood sugar or insulin could prevent the syndrome as well as treat it.

Further research needs to be conducted to determine the specific substances or acts that upset blood sugar or insulin levels and then to discover how these binge-precipitating destabilizers, alone or in combination with malnutrition states and/or allergens, affect the bulimic condition. The results of this study may be useful in treating and preventing a variety of eating disorders, as well as helping to shed light on why there is such a high failure rate for those trying to maintain diets or lose weight, and why obesity is rapidly becoming a national epidemic.

uncontrolled

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